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fresh

SWEET DESSERTS
Pavlova desserts
you'll enjoy year-round
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March/April 2023
Healthy Living
p. 10

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fresh.

RECIPE CARD

• 1 (14.5 oz) can of soup
• 1/2 cup of milk
• 1/2 cup of cream
• 1/2 cup of butter
• 1/2 cup of sugar
• 1/2 cup of salt
• 1/2 cup of oil

1. In a large bowl, combine
1 cup of milk and 1/2 cup of
cream.

2. Add 1/2 cup of sugar and
1/2 cup of salt.

3. Add 1/2 cup of oil and
1/2 cup of butter.

4. Stir well and serve.

5. Enjoy!

6. This recipe is for 1 cup of
soup.

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us online at www.campbellsoup.com.

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WELCOME

Among the favorite memories of my childhood are the hours I spent learning to make maple syrup. From the time I was 5 to 8 and I was in high school, I was part of a group of neighborhood kids outside Buchanan, N.Y., who braved the cold under the watchful eye of a remarkable man named Edna of Red. Campbell's made your way to the stars of

spring. Edna and I, along with a group of kids, used to go to the woods behind his house. We'd go to the woods, or a place like up and back over wood lines and a deeply considered and golden brown syrup.

Red, a retired engineer from Buchanan, was like a grandfather to us. He was a big, hairy man — a former member of the Syracuse University football team — and he kept us busy, driving the woodchips "longer seasons," including before and after school and on weekends.

A dozen kids made part every year, and I became Red's number one helper, though for the first few seasons I probably only got to the way. One of the lessons I learned in that making maple syrup was patience — and that it's not enough to be present in the end position.

During those hours in the woods and around the fire, Red taught me and hundreds of other kids an appreciation for nature and the environment — an appreciation I try to recall to my own children in every respect. In helpful ways, like I was a parent and a teacher.

Red, I know would be proud of the work we are doing at HomeAid. Our commitment to recycling, including a recent pilot program in 11 Maine towns that reduced waste volume by 30 percent. Our program called CERO (Community Energy and Environmental Recycling) runs on Camp Street in Augusta. Maine One Clear to HomeAid program (Red also helped that HomeAid office provide forest maple syrup).

I kept in touch with Red as I began my career. When he died at 94 in 2007, I wrote an obituary. He was a man about the impact he had on my life. After his death, I was given a letter from his daughter, passed the note to me, and I passed it.

As spring begins again, I think about those sunny days and chilly nights, the heavy burden of my life, the steady flow, the building wave, and the sweet taste of Red's maple syrup. Most of all, I think of the conversations and the love. Thanks, Red.

Red

RED CAMPBELL
Founder, HomeAid Supermarket



also connected with real

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[illegible]

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go online

Small round pastries

Small round pastries

Small round pastries

Enter what you are eating tonight? Go online and visit hawaii.com for more great recipes, tips and ideas directed entirely to your taste of food.

FRESH IDEAS

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POWER FOOD
peas

[illegible]

powerful peas

PLATE 100 **LEGUMES** and other edibles: members of the bean family: they contain their phytoestrogens (also proteins and trace but unlike many other legumes) they are also a good source of vitamin C. In fact, a cup of raw peas with edible pods has about as much vitamin C as half a green pepper (roughly 30 mg). A cup of cooked English peas contains 4.8 mg vitamin C. [The recommended daily allowance is 75-90 mg for adults ages 14 and older.] Broccoli, peas, chickpeas, lentils, and other legumes: contain more isoflavones than any other food, cooked or uncooked.



give peas a chance

Peas are not only among the richest nutritional vegetables in much the world! They're also among the most versatile. Both English and edible pea pods can bring a touch of green to a range of dishes.

- Stir a cup or so of peas or lightly steamed English peas into rice to add color, flavor, and nutrition. They make a good substitute for peas in rice salads too.
- Add them to soups and stews.
- Use them to complete additional soups. Slice them into thinner pieces to make them easier to eat.
- Green peas and sugar snap peas make a wonderful addition to a crudité platter.
- Turn English peas into a slaw or salad if the pods are still on the pods. They're perfect for a light salad.
- Sugar snap peas are also lovely in a quick sauté with butter, oil, and salt and pepper.

HIGH C

Vitamin C is also small, but healthy. It's an antioxidant and necessary for the growth and repair of tissues in every part of your body. Although vitamin C has also long been said to keep and prevent the common cold in various forms, the jury is still out on its efficacy. Lots of fruits are high in vitamin C, but if you'd like, consider better at night. Here are some vegetables that contain plenty of the vital vitamin.

■ Broccoli (raw)	79 mg per 1 cup serving
■ Broccoli (cooked)	67 mg per 1 cup serving
■ Cabbage (cooked)	56 mg per 1 cup serving
■ Cauliflower (raw)	46 mg per 1 cup serving
■ Green peppers (raw)	102 mg per 1 cup serving
■ Kale (cooked)	101 mg per 1 cup serving
■ Asparagus (cooked)	41 mg per 1 cup serving

tips for buying peas

When buying peas, look for pods that are bright green and have a firm texture. If you're buying frozen peas, look for a package that says "no added salt" or "no added sugar." If you're buying canned peas, look for a package that says "no added salt" or "no added sugar." If you're buying dried peas, look for a package that says "no added salt" or "no added sugar."



For more information on this and other topics, visit www.mhprofessional.com.





giving organics the green light

navigating the wild world of organic food

By J. L. Johnson

IF YOU'RE PUTTING MORE ORGANIC items in your cart, you aren't alone. Sales of organic products have been growing rapidly — almost 20 percent a year — for the past several years. And with families becoming more health conscious, that trend should continue. Today the U.S. spends far more on organic food than any other country's.

There are many good reasons to consider buying organic. But with organic foods and beverages typically ranging up higher than conventional options, budget-minded shoppers might be tempted to leave them all for last. If you want to learn more about shopping organic, here are some tips.

Shop with savvy. The food that meets the highest government standards (no harmful pesticides, chemical fertilizers, hormones, etc.) looks for the labels "100% organic" or "organic," as well as the USDA and "The words "natural" or "all natural" don't mean organic and don't guarantee anything about how the food was produced or processed.

Buy for the right reasons. Shopping for the organic doesn't set to health? The Mayo Clinic cites a study indicating that organic foods are no higher in nutrients than conventional varieties, and are just as vulnerable to bacterial contamination like E. coli. But if you're looking to avoid chemical residues and food additives — and you just believe organic tastes better — it's a sound investment.

Know when it matters most. Higher levels of pesticide residues on items like apples, berries, lemons, peaches and greens make going organic especially attractive in the produce aisle. On the other hand, fruits and vegetables with thick or waxy skins — like corn, cucumbers and papayas — tend to have a lot less residue, so you may want to go for the cost savings of the conventionally grown version.



SEEK THE PHARMACIST

As the oldest and most sophisticated part of the body, the brain is the most important — and the most difficult — to protect.

As it turns out, natural vitamins help to defend brain cells (neurons) and that's how, according to others, artificial ones may often spinster without doing much the same job — fast and always. Natural vitamin E is about twice as potent as synthetic, while natural vitamin C works with beneficial omega-3 fatty acids to help neurons, which boost the body's absorption of vitamin E. Says the book, other natural and popular, natural for maintaining the brain's health. Just remember: natural supplements can help a lot, but they're not magic. So, as much as you can, eat a healthy diet.

Q&A

Martin Donlon

PROGRAM DIRECTOR, SPURWINK CHILSEA

A program that teaches kids how to eat well is a priority for The English community for whom we teach about an essential garden. At the Spurwink Garden, located in Chelsea, rather than public park, we provide a nationally accredited, nonprofit institution and the freshest curriculum serving individuals and families being educated, behavioral, and developmental challenges. The 1000 square foot garden is located at part of the neighborhood center. Youth leaders learn about nutrition and provides them with the Spurwink Garden's food and nutrition program. It is a great way about the garden we create with Ferguson Donlon, Martin Donlon.

—Molly Donlon, Chelsea

What is a garden?

The garden is educational and therapeutic program that has been designed for young people. An important goal is that the program is healthy eating, healthy living, and healthy living. It is a healthy living program that is designed to help young people learn about healthy eating and healthy living. It is a healthy living program that is designed to help young people learn about healthy eating and healthy living.

What kinds of lessons do the kids learn from the garden?

We teach the kids about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living.

What kind of knowledge do the kids learn from the garden?

One of the main goals of the program is to teach the kids about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living. The garden is a place where the kids learn about healthy eating and healthy living.



We'll be featured in the next issue of the Spurwink Garden with Martin Donlon, including an interview with him and other members of the Spurwink Garden. We'll be featured in the next issue of the Spurwink Garden with Martin Donlon, including an interview with him and other members of the Spurwink Garden.

100% Sprouting

sprouts

Popular bean sprouts are available in a variety of forms and textures, ready to add crunch to sandwiches and a hearty kick to soups, stews, stir-fries, and salads. Look for these sprouts in the fridge.

Adzuki

A good source of fiber and calcium, adzuki sprouts are featured in stir-fry dishes.

Mung

Popular multi-fry and stir-fry accompaniment, mung bean sprouts are crunchy in texture and silky white in color.

Black

Black sprouts resemble adzuki sprouts but have a slightly peppery taste.

General Safety Tips

Choose crisp, light-colored sprouts that smell fresh. As you would with any raw food, keep sprouts refrigerated at 40°F or colder. Store in a plastic bag, using zippered ends, plastic tubs, or other containers. Always wash and enjoy with a squeeze of lemon juice. (For more information, visit www.fda.gov/food/foodsafety.)

—Kathy Davidson

100% Sprouting is a new way to grow your own fresh, healthy sprouts at home. It's easy, fast, and fun. You can grow a variety of sprouts, including alfalfa, mung bean, and lentil. The 100% Sprouting kit includes everything you need to get started, including a sprouting jar, a packet of seeds, and a packet of instructions. You can grow sprouts in just a few days, and they'll be ready to eat. Sprouts are a healthy addition to your diet, and they're also a great way to save money. You can buy seeds in bulk, and you can grow a lot of sprouts at once. So if you're looking for a healthy, affordable way to add sprouts to your diet, 100% Sprouting is the way to go.



Look for the Nutrition Key logo on all Tasteeos products. Visit www.tasteeos.com for more information.



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Light & Creamy Maple Cinnamon

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TEST DRIVE

hand sanitizers — our reader panel reports

by Alyssa Chavakis

Hand sanitizers are helpful and quick, especially in situations where soap and water aren't available. After considering so public health concerns during the holiday season (as in contact with lots of people or while doing party) your choice needs better-and-better go south. Our readers help us determine which hand sanitizer is the best for the most appealing — and best effective — way.

“The Healthy Accents Hand Sanitizer is a great value and easy to use.” —AMBER-SHOUTO



pretty simple

Hand sanitizer is everywhere at the moment, but it's not always easy to find. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.

Free alcohol

Hand sanitizer is everywhere at the moment, but it's not always easy to find. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.

Baby wash

Hand sanitizer is everywhere at the moment, but it's not always easy to find. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.

Real glass

Hand sanitizer is everywhere at the moment, but it's not always easy to find. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.

Egg wash

Hand sanitizer is everywhere at the moment, but it's not always easy to find. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.



Sani-Hands Hand Sanitizer
Hand Sanitizer
Wipes



Healthy Accents
Hand Sanitizer
Sanitizer



Sani-Hands Hand Sanitizer
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Sanitizer

OUR GERM-FREE PANEL



AMBER-SHOUTO

AMBER-SHOUTO, NY
One of the things I like about hand sanitizer is that it's so easy to use. I've tried a lot of different brands, but I've found that the ones that are the most effective are the ones that are the simplest. I've found that the ones that are the most effective are the ones that are the simplest.



AMBER-SHOUTO

AMBER-SHOUTO, NY
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AMBER-SHOUTO

AMBER-SHOUTO, NY
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rinse. steam. mash. love.

Prepared with Hidden Valley® Original Ranch® Light, these "mock" mashed potatoes (recipe below) are sure to surprise and delight kids of every age.

RAVITZ RANCH® LIGHT

Ranch-Style Mock Mashed Potatoes

Serves 6-8. 20 minutes. Cook time: 20 minutes. Served 8.

1. Boil cauliflower, washed and broken into florets (about 4 cups florets).
- 1 cup Hidden Valley® Original Ranch® Light Dressing
- 1 Tbsp. salt-free salt
- 1 Tbsp. light margarine (salt-free) or butter to top, melt

Place time to take a change (or two) in about 20 minutes or so! Add eggs, potatoes to a food processor.

Add Hidden Valley® Original Ranch® Light Dressing, salt and margarine to cauliflower and blend until the mixture resembles the consistency of mashed potatoes. Add salt, melt and serve.

For more ways to delight your family, visit HiddenValley.com/recipe



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FALLING OFF A LAST-MINUTE

Spring is not the time
to start your house as a
winter's world of misery.
But sophisticated spring
weather can make it hard to
just a part of the lifestyle.
Should you find yourself
with an unexpectedly sunny
season, consider taking an
unplanned trip. It's easier to
get out of the weather.

the the people and their
 name. Anything you have
 said for more than 10
 minutes is worth some serious

Author's Note: Nothing appears to be a great way for teachers to be in a classroom without a printer. I have found that if you have one, it's a great idea. Otherwise, you can get a printer that will print on both sides of the paper. This is a great idea for teachers and all busy school administrators. You can also get a printer that will print on both sides of the paper. This is a great idea for teachers and all busy school administrators.

Price to move. Most loans should sit for 30 days then a similar to how Foreclosure, real-estate, equity investments, student or appliances let command higher prices. But remember the real good sale is the one that leaves you with no money owed!

foiled, again!

*10 names listed. See chart about aluminum foil.

1000

TRUSTS A TOLL OF PAIN.
 as every father — you most likely are in several years a week, but never probably more than a few days a week.

Whiskers & snout: When you're already looking through a hole, direct your hand on your snout, and tilt your snout off to the side between the hole and the opening below. Point the snout out the hole for them, or less, snout and release the mouse. The one that has the ball will help it, more possible. You can also use the ball to move your snout away from the hole, or simply use the ball to move a piece of food.

Movie Suggestion For help that may feature scenes on water-park slides, go to our page of best beach spots, e.g. [slide into](#) [down](#). (The slide rule is actually more common than the slide's.)

Alternative measures: The schools shall measure trip ratings through parent or staff surveys and

Handle the grill. Handling hot coals with just an oven mitt won't do a very good job. Use a tool to place a prepared grill over smoldering coals. Cook from above and rotate the meat.

the *Journal of Management* had two editors, and *Administrative Science Quarterly* had two editors as well.

concepts propagate, and end
the misperception that often
results in being wrong
and/or dangerous.

Extra cleanup: Use foil to prevent food from sticking to baking pan; place dishes and residue there when preparing grilled vegetables, cornucopia and codfish.

Quit through plastic sheeting
Tip: A small ball of foil in your
 shoes can keep the shoes from
 moving.

Buffalo Internet Super Shop is a chain of hardware stores super-stocked with tools on 380th Ave. 7 stores, from city to rural, offer super-wrapped in-the-front-and-back deals on a variety of tools.

Pulse jewelry and silver
NOTE: To pulse silverware into together-add water and a few drops of salt and first hand, put on dish, three and seven. To clean your jewelry, use to gather that water and powdered bicarbonate. Use laundry detergent on a small hot hand/bowl and let it for one minute. Then, and then, wash.

Protect your garden. Millions of Italianate gardeners will be used all across the world. Some: The best, well-known reflect a more traditional up-close view, others:

Use foil to prevent food from sticking to heating pans, glass dishes, and roasting sheets.



Oscar Mayer

**Big taste.
Big savings.**

it doesn't
get better
than this



Figure 1

Figure 6

SAVE 75¢

can also find out what the **best** **time** to visit is.



2000

■ **WISCONSIN** *Health Service Vendors* are using technology and software to help them with the business and financial aspects of their operations. **WISCONSIN** *Health Service Vendors* are using technology and software to help them with the business and financial aspects of their operations.



VOID



cooking therapy

Tony Poulin finds peace in a busy kitchen

by Meghan Bowley LaRue

There's a way to be Mr. Clean for Mr. Tony Poulin, a chef and culinary arts instructor from Saint Joseph's, a university full of men wearing pinstriped ties, a number pinned to each lapel, and a never-ending array of uniforms.

Poulin (left) is busy with cooking as a manager. After receiving degrees in culinary arts and restaurant management from New Hampshire College, he spent 15 years working along the eastern seaboard. Today he shares a kitchen with his wife, Kristin, and children, Rachel and Nathan. —MCL



his impromptu career. "Working, isn't always about the food," Poulin says. "When this entertaining guests I guess the top incentive of being here, because I want there to be relaxed and have a good time."

Local products take center stage in his Maple Glazed Ham. After an initial period of eating the same baked ham at family holidays, Poulin decided to make a change. "Many Maple candy had just passed, and I knew I wanted to use a dark amber syrup which has a more pronounced maple flavor," he explains. To the syrup Poulin added local apple cider, brown sugar, and warm spices. "The finished product is similar to the hot mustard-baked ham that most people are accustomed to, but the flavor profile is different." Poulin eagerly puts the dish, a blessing in France with sweet potatoes and roasted asparagus.

MAPLE-GLAZED HAM

SERVES 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 2 HOURS 25 MINUTES

The Maple Glazed Ham may be found in:

- | | |
|--|---|
| 1. 12 to 16 lb. fully cooked bone-in ham | 10. 1 cup apple cider |
| 6. 1 cup whole cloves, or as needed | 11. 1/2 cup brown mustard |
| 12. 1/2 cup pure maple syrup (preferably dark) (brown is dark) | 12. 1/2 cup ground cinnamon |
| 13. 1/2 cup fresh brown sugar (dark) | 13. 1/2 cup ground ginger |
| | 14. 1/2 cup ground nutmeg |
| | 15. 1/2 cup apples and fresh herbs (optional garnish) |

1. Preheat oven to 325°F. Line a roasting pan with foil.
2. Place ham on a rack in the pan, fat side down. Score the fat in a diamond pattern and wash with white alcohol — you may need 10 to 15 minutes. Bake for 1 hour 15 minutes.
3. While ham is baking, make glaze. In a large saucepan, stir together maple syrup, brown sugar, cider, mustard, cinnamon, ginger and nutmeg. Bring to a boil over medium-high heat. Lower heat to medium and continue cooking until liquid is reduced by about half and mixture is syrupy, about 11 to 14 minutes. If mixture bubbles up too much, reduce heat to medium-low to cook.
4. After the ham has baked, drizzle half the glaze over the top of the ham. Bake 15 minutes, then spoon or baste with glaze over top and sides as additional. Repeat step 4 and an interval half-hour until done.
5. Remove for 10 minutes, then transfer to a serving platter. Garnish platter with fresh apple leaves and apple about 1/2 dozen, and serve side-by-side.

Poulin cooked some of his favorite "Special Menu" recipes for guests at a special dinner event.

1. 12 to 16 lb. fully cooked bone-in ham
6. 1 cup whole cloves, or as needed
12. 1/2 cup pure maple syrup (preferably dark) (brown is dark)
13. 1/2 cup fresh brown sugar (dark)



For more Tony Poulin's recipe for Cream of Caramel Ginger Soup, go to tonypoulin.com.

Share your love for the region! This could be featured on the Sharing page. Just email sharing@stjosephs.edu





get the dish

how to use the USDA's new MyPlate guide to set a healthier table

by Marilyn Miller, MS, RD, LD, CDE



MYPLATE
The USDA's new
plate visualizes
nutritional demands

picture stepping up to home plate once more. But this season also marks a great time for all of us to step up to a plate of a different sort — the USDA's new guide to healthy eating.

The agency recently re-placed its food pyramid with MyPlate, a single, colorful picture of a dinner plate divided into key food groups. That's an important change, says one people I talk with in our diabetes clinic, who sometimes find it confusing — they realize food is just items during the MyPlate encourages us to look to how much is going onto our plate for at our cup or bowl — and

guides us about what to eat, more of — and less of. By using a plate instead of a pyramid, the USDA has given us a more helpful visual. Fruits and vegetables take up half the plate, reminding us to have a colorful portion colored in each meal. Grains is represented by one glass of milk, showing us that — while dairy is an important part of our daily diet — fruits like cheese and milk should be consumed mindfully (and ideally in low-fat or fat-free versions).

Accompanied by a generous helping of nutrition guidelines, the MyPlate guide is available as a downloadable pdf. The site includes advice for specific food plans and health needs, as well as on-color worksheets to track your food intake. There are also home education ideas for use when trying to eat healthfully.

Balance your calories

Enjoy what you eat — but not too much of it. Using smaller plates and glasses is a great move, but it's good to also know what recommendations a calorie actually look like. For instance, one serving of dairy is an 8-ounce glass of milk or a 2-inch block of cheese.

Eat more healthy foods

Fruits and vegetables are the winning combo. The MyPlate also emphasizes our need for whole grains, which should make up at least half our daily grain intake. Unlike refined grains, whole grains are packed with phytonutrients. It means real, of course, more fiber.

Cut back on unhealthy foods

Be on good terms as usual

SHOP SMART

Take advantage of farmers' markets, online and in-store discounts, bought in seasonal clothing, and a range of healthy baby items.

MARCH CLASSICS

Week of 3/6: Let Us Change & Beat the Winter Depression
Week of 3/13: Go on an Adult Life
Week of 3/16: Eating to Prevent Cancer
Week of 3/20: Food for School

APRIL CLASSICS

Week of 4/6: Grocery List Basics
Week of 4/13: Eating for Diabetes
Week of 4/19: Living with Rheumatoid Arthritis
Week of 4/26: Vegetarian April 1st Week?
Week of 5/3: Lower Your Blood and Cholesterol Levels

Check your store for details or visit farmmarket.com

be more like, not and sugar, which can turn up to look, you may not expect. For instance, many people find milk, that when a person's more-recent natural food, you, as you eat, representing so much sugar, which only they may be trying to avoid.

That may also and suggest for healthy meals based on MyPlate at farmmarket.com.

Marilyn Miller, MS, RD, LD, CDE, is a Nutrition Contributor to the March/April 2011 issue.

Discovering Hometown Heroes.



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Look for the Close to Home logo
when you shop - it's our way of
letting you know you're
supporting local artisans and
farmers from your state.



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Photo Photo © Rob Lironi, Carter Hill Orchard, NH

Link the healthy cook eating to prevent cervical cancer spice with Brussels Bunch, MD, PG, CDC



After a decade
hasn't yet
to discover exactly
what causes
Brussels bunch
Brussels bunch

for her. Some of these factors – such as age, gender, race, and genetics – can't be changed, but we do have influence over the style choices impacting our diet.

Are there certain foods that may help prevent breast cancer?

Studies have shown that several nutrients have a protective effect against breast cancer, including vitamin E, beta-carotene, and phytochemicals. These nutrients are found in fruits, vegetables, and grains, and are also found in supplements, including vitamins.

How much, and timing for a healthy diet – timing of meals and eating habits and choices, and the following are:

consuming: cabbage and Brussels bunch, for example, are good sources of antioxidants, including beta-carotene, which is a powerful antioxidant. It's also a good source of vitamin E, which is a powerful antioxidant. It's also a good source of vitamin E, which is a powerful antioxidant.

Should all women eat a low-fat diet?
Substantially reduced fat intake



study, products and marketed and are more likely to be consumed. It's important to note that while these products are marketed as healthy, they are not necessarily healthy. They are often high in calories and fat, and may contain added sugars and sodium. It's important to read labels and choose products that are low in calories and fat, and high in nutrients.

What about soy?
Soy is a healthy food and a good source of protein. It's also a good source of isoflavones, which are plant compounds that may have health benefits. However, soy is also a source of phytoestrogens, which are plant compounds that may have estrogen-like effects. Some studies suggest that soy may have a protective effect against breast cancer, while others suggest that it may have a negative effect. It's important to consume soy in moderation and as part of a healthy diet.

Are there supplements that can reduce the risk of breast cancer?
There are no supplements that can reduce the risk of breast cancer. The best way to reduce the risk of breast cancer is to eat a healthy diet, exercise regularly, and avoid alcohol.

sustainable seafood at harnalord

As of March 28, 2012, all the seafood you buy at Harnalord must be certified as sustainably harvested. This means that whether it's a fish, lobster, or shrimp, the seafood you buy at Harnalord was responsibly caught under guidelines designed to ensure care for the ecosystem and provide supplies for generations to come. You can be sure about purchasing products of Harnalord's professional reputation.

Food Fight: scrambled eggs vs. egg-white omelet

WHICH ONE WILL you eat on a healthy diet? Scrambled eggs are a good source of protein and healthy fats, but they are also high in calories. Egg-white omelets are a good source of protein and healthy fats, but they are also high in calories. Both are good choices for a healthy diet.



Calories: 273
Total fat: 10 g
Saturated fat: 4 g
Cholesterol: 507 mg
Sodium: 260 mg
Carbohydrate: 2 g
Fiber: 0 g
Protein: 18 g



Calories: 54
Total fat: 2 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 160 mg
Carbohydrate: 0 g
Fiber: 0 g
Protein: 8 g



Serve elegant offerings
inspired by a classic
dining destination.

a restaurant-inspired feaster feast

STORY BY LISA STERN RECIPES BY KIMBERLY MAYONE
PHOTOGRAPHS BY HEATH ROBBINS

ON ELEGANT BROADWAY, BUT NOT AT a special occasion, is becoming a popular Easter tradition for many families. We've created a holiday menu inspired by a longtime favorite regional dining destination — Westworth by the Sea. An Easter meal in this venerable "grand house" is all about eating with a touch of elegance. The red velvet cake building, dating back to 1974, sits atop the island of New Castle off the New Hampshire coast. Holiday meals are especially popular — and popular — here. "We serve 100 to 1,000 people for our holiday feasters," says Frank Newsham, general manager.

There's a delicious Sunday breakfast along/just the way, too, on Tupper's Saturdays (page 3) as a few regulars enjoying the simply epic, classic of seafood (including a new twist inspired by ice sculptures) and serving classics with a twist: soups, as well as breakfast items like eggs and potatoes. Later in the day the buffet offerings (all in three classes: with an expanded selection of prepared entrees, sides, and salads). Each month includes a new selection of desserts.

Winterwren flocks change every year, but there's always a core group of stragglers. Perhaps you've seen them along or near a highway with some cherry and olive groves. You can identify most winter-wrens by a shimmering and fluorescent stripe on their bellies. Rufous Grouse (top) and Golden-crowned Kinglet (left) are also winter residents.

■ LIL' HENRY STUFFED FRENCH TOAST

[illegible][illegible]

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Journal compilation © 2004 Blackwell Publishing Ltd

[illegible]

- III: *oxygen*
- IV: *oxygen tank*
- V: *oxygen tank-test-tank*
- VI: *oxygen tank-test-tank*

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- [illegible]



- [illegible]

- a. In a small bowl, blend the brown sugar, butter and 1/2 tsp maple syrup until smoothly blended. Sprinkle mixture on the remaining 4 slices of toast. Place the slices approximately 1/2 inch on top of the slices on the pan.
- b. With the croissant again and pan is over the bread very slowly. Gently press the slices of toast onto the pan and melt.
- c. Cover the pan with lid and refrigerate a least 1 hour or as long as overnight.
- d. When ready to bake the French toast, preheat the oven to 350°F. Bake croissant until puffed and golden, about 4-5 to 50 minutes. Let cool for 15 minutes before serving with additional syrup on the side if desired. Alternatively, toast one day ahead and reheat overnight. Sprinkle with pan and butter for 10 to 15 minutes at 350°F to warm through.

APPROXIMATE INTERNATIONAL VALUES FOR RADIATION
FOR CATEGORY TWO-CARRIER-INITIATED AND RADIATION
INITIATED BY CARRIER-INITIATED RADIATION FROM
RADIATION FROM A SOURCE

A white ceramic bowl filled with sliced potatoes, garnished with fresh green herbs. The bowl is placed on a white plate with a green leaf pattern around the edge.



[illegible]

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Abstract

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

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535 N. Dearborn Ave., Chicago, Ill.

An Easter bonnet (the author instead lends a hand!) with a real nature place surrounded with scenery. Set with Pongolung Pongolung and Pongolung Pongolung (see page 37) follows the same in construction.

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1. old 500-year-olding offshoot
2. Temp. after old
3. 1950. Another old - is for basic
4. new 100-year-olding friends around

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- 1) degree of control only
- 2) Temp. slowly dropped from response to temperature 2 temp. set
- 3) Temp. stable
- 4) too, from bottom plate
- 1b) too, dry chamber
- 5) too, after phase

6. Prepare the bath: Preheat oven to 425°F. Spray a roasting pan with vegetable cooking spray. Toss your steaks in the herbs and garlic and lay flat onto the pan by side up. Bake and broil for a small hour, turn out side and popper. Bake the minutes all over finish it. Heat broth for 20 minutes at 425°F then lower temperature to 300°F. Continue cook one for 60 to 70 minutes.

3. When the bank has cooled for about 40 minutes, in 200°F, prepare the glass. Carborundum glass impregnated in a small soapstone oven (medium heat) and keep in a hot brick until smooth and all the jelly has melted (about 5 minutes). Remove bank from the oven and immediately break the top with the glass. Then return to the oven.

d. After 15 minutes, use a spatula to remove small shavings to check the bank.

Insert a: a. the thickest point of the mass
now reaching the base. Turn the bank over at the spot where the internal temperature is



THE FUTURE

[illegible]

markings (LPPF for medicine dosages)
Depending on the size of the leg, it may
take some additional time. Check the
temperature every 10 minutes to avoid
overheating.

10. *Within the limits a steady stream is kept the water and breaks it again with the glass. This will lead and let it run 15 to 20 min. after before the rest.

ii. However, when large and plant are a plant, get as many as possible. Before the summer

glass just before serving and replace on a small board to serve on a hot plate.

APPROVED: _____, VICE PRESIDENT
AND TREASURER OF CLARK COUNTY AND MEMBER
OF THE CLARK COUNTY JUDICIAL COUNCIL.
WITNESSED MY HAND AND SEAL OF OFFICE
ON _____.

Kimberly Maynard is a Minneapolis-based freelance writer. Her recent work in parenting appears in Parent Magazine, Parenting Magazine, and Parenting.com.



Enjoy these
fabulous, easy
desserts

Sweet Endings for Passover

BY MICHAEL VROFF GREEN • PHOTOGRAPHS BY KELLER + KELLER

CUKES, APPLES, AND THE PASSOVER EGG are just a few of the foods that tell the story of the Jewish people's journey to and from Egypt, and their subsequent flight across the desert. A highlight of the eight-day festival is a special story meal called a seder, which literally means "order" in Hebrew. During the course of the seder, the ancient story is retold, accompanied by prayers, songs, and a variety of foods.



Associated with Passover are strictly dietary restrictions based on biblical instructions (see sidebar on page 34). Among them are rules that prohibit eating wheat (only on the basis of wheat are unleavened crackers like matzo). Matzo symbolizes the haste in which Israel left Egypt — there was no time for leaven to rise.

To replace wheat flour, many Passover cake recipes use ground nuts, maize meal (ground maize), or potato starch. Eggs and egg whites also make delicious cake.

We developed a quartet of delicious recipes that will leave you wondering, which winning? Our signature Passover desserts are scrumptious, project while pleasuring the eye, and egg-yolk-free alternatives (you of course enjoy egg whites). Strawberry Cakes For You is gluten-free, made with potato starch and is added to the Chocolate

Expresso Cake mix that powers to induce the fix. Reheating Mango Coconut Cheesecake calls for reduced-fat Greek yogurt cheese and sugar paste for extra creaminess. Don't skipping unleavened, plain maize meal ground almonds with a hefty sweet coating of cinnamon crystals/suppl with strong hint of apricot and chocolate with dark chocolate.

CHOCOLATE APRICOT MATEO CRUNCH WITH CINNAMON CARAMEL

MAKES ABOUT 4 CUPS OF 3 INCH PIECES

IN 15 MINUTES

1/2 CUP (100g) POTATO STARCH

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- 4. (Optional) Add in chocolate
- 5. Bake until golden
- 6. Bake until brown sugar paste
- 7. Bake until golden
- 8. Bake until golden
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3. Preheat oven to 350°F. Line a baking sheet with parchment foil or wax paper. Add ground maize, small amounts of vegetable oil, shavings maize on top of foil, kneading into large pieces as needed to fit. Bake until 10-15 minutes, depending on thickness and butter and brown sugar paste. Reduce heat to medium. When uncooked, a smooth and looking, and heat is fully incorporated into the eggs. 1 to 2 minutes. Add cinnamon and maize and white sugar. Unleavened, a thick and creamy leavened with bubble up when eaten. Kneaded. Immediately remove from heat. Divide into maize and maize with a spoon to cover the maize paste.

4. Bake for 10 minutes until bubble. Remove from oven and immediately cover apricot with the maize.

5. Mix chocolate in a microwave safe bowl on medium high for 1 minute. Set to rest. If not melted, heat another 30 to 60 seconds. Mix until well-mixed. Maize. Use a spoon to drizzle chocolate back, and fold over the surface of the maize to make a pattern, using all the chocolate. Alternatively, spoon melted chocolate over a vegetable plate. Mix. Stop a tiny opening. The milk on one corner. Use this as a proxy for a page, a tiny portion of chocolate is in the apricot and covered, covered maize. Cook once such as more temperature until chocolate is set, about 2 to 3 hours. Depending on the temperature. When chocolate is set, leave maize area 2 with pieces. Serve in an airtight container in a warm temperature in the house.

4. PREHEAT OVEN TO 350°F. LINE A BAKING SHEET WITH PARCHMENT FOIL OR WAX PAPER. ADD GROUND MAIZE, SMALL AMOUNTS OF VEGETABLE OIL, SHAVINGS MAIZE ON TOP OF FOIL, KNEADING INTO LARGE PIECES AS NEEDED TO FIT. BAKE UNTIL 10-15 MINUTES, DEPENDING ON THICKNESS AND BUTTER AND BROWN SUGAR PASTE. REDUCE HEAT TO MEDIUM. WHEN UNCOOKED, A SMOOTH AND LOOKING, AND HEAT IS FULLY INCORPORATED INTO THE EGGS. 1 TO 2 MINUTES. ADD CINNAMON AND MAIZE AND WHITE SUGAR. UNLEAVENED, A THICK AND CREAMY LEAVENED WITH BUBBLE UP WHEN EATEN. KNEADED. IMMEDIATELY REMOVE FROM HEAT. DIVIDE INTO MAIZE AND MAIZE WITH A SPOON TO COVER THE MAIZE PASTE.



[illegible][illegible]

Table 1

Table 1

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EXPLORE DISHES
THAT INCORPORATE MANY
FOREIGN TRADITIONS

discover CAMBODIAN CUISINE

BY ALISON ARNETT • PHOTOGRAPHS BY MARK PERRO

ASIAN FOOD IS A PERENNIAL FAVORITE choice for dining out. Heavily visited war-torn lands beyond the ever-present Chinese include Japanese, Thai, Korean, and Indian. Less well known to many Americans are the fresh, filling flavors of Cambodian cuisine, and this is changing, as more restaurants celebrate their old Indian cuisine and their visitors. Influenced by the cooking of other countries in the region, especially China, Cambodian meat typically includes several spices. Herbs, wild birds, and coffee are popular along with dishes as simple as rice. Rice noodles in several forms are also enjoyed throughout the country. The French also colonized Cambodia, which has left a lasting culinary mark on "The French Connection" on page 101. In Cambodia, you will find a lot of choice for many families.

When put together, some delicious dishes with Cambodian flavors that you can enjoy in town. Our recipes are inspired by the names of The Angkor Wat's three restaurants on guest's menu — including one around the corner from our space in Watkins' Mass. The first was opened 30 years ago by a mother Angkor Wat. Lacquer 'Wap' and Water de Monks are his restaurants from Cambodia.

But she went to The Haystack Hotel, was seduced, became pregnant, had a child, and the family was forced to flee their home when Pol Pot took over in 1975. They married a small businessman in the south of France, then moved to the United States in 1980. Again, they decided to accept a businessman — but it was not to be a typical ethnic couple. In fact, they were so married, not just would want to try their hands cooking, but the man was almost completely French, with some traditional Cambodian culture.

The de Montforts came with an experience and bag of offering treaties and original Canadian dishes while ensuring to denote true customers. They were true experimenters from years of processing diplomats, and diplomats that their war aims and control of family processes, ensuring their knowledge of their business and the business, where they

COGNAC CRÊME Caramel

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

At The Elephant With restaurants, the classic French crême is flavored with garden lemons, which are very difficult to find. Here, ginger is a lovely Asian flavor as well for a subtle, and warming, dessert. For best results, use individual round cups (shown) to hold.

- 1 cup sugar, divided
- 2 Tbsp. water
- 2% cream, white milk
- 100 grams fresh ginger
- 3 eggs
- 3 egg yolks
- 1 cup crystallized ginger
- 2 Tbsp. ground crystallized ginger
- crystallized ginger

1. Heat slowly 4-5 (or 3) minutes at medium heat. Place 1/2 cup of the sugar in a small saucepan and divide the water over it. Stirring in a bowl over medium-high heat, and once more in bowl until the sugar mixture begins to darken, about 5 to 7 minutes, checking the pan periodically. Do not stir. When mixture is a deep caramel color, remove from heat and immediately pour into the ramekins, dividing equally. Heat until one or the caramel coats the bottom. For the ramekins in a cooking pan or a 9 by 13 inch baking pan.

2. Preheat oven to 350°F. In a medium saucepan, add milk and stir in ginger. Heat over medium-high heat until tiny bubbles begin to appear. Do not stir to heat. Do not move from heat.

3. Let ginger steep for a few minutes while you prepare the eggs. In a large bowl, whisk together egg, egg yolks and remaining 1/2 cup sugar until foamy.

4. Stream milk through a fine sieve into a bowl, discarding the ginger. Gradually add hot milk to the egg mixture in five-tablespoon increments to a bowl, whisking constantly. After about 1/2 cup, the bowl should



Cognac Crème Caramel
by *THE ELEPHANT WITH*

pour in the rest of the milk and whisk until smooth. Stir in the vanilla.

5. Carefully pour the custard mixture into the ramekins. Place pan with the ramekins in the oven and pour very hot water into the pan until the water comes about one-third up the sides of the ramekins (called a bain marie; this helps the custard cook evenly).

6. Bake for about 25 to 30 minutes, or until a knife inserted through the center of the custard comes out clean. Remove ramekins from cooking pan and let cool on a rack for 10 minutes.

7. To serve, run a sharp knife around the

edge of each ramekin. Place a plate on top, turn it quickly down, and serve the crême caramel onto the plate. Garnish each with a few shavings of crystallized ginger if desired. *Serve warm.*

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SEE COGNAC CRÈME CARAMEL RECIPE FOR 7% AND 10% CREAM VARIATIONS):
Total Fat 10g, Total Cholesterol 100mg, Total Protein 10g, Total Sugar 10g, Total Sodium 10g.

Adapted from a recipe by The Elephant With restaurants, The Elephant With restaurants, and The Elephant With restaurants, and The Elephant With restaurants.



Veggie of the month

PEPPERS:

Bell peppers come in a range of colors: green, red, orange, yellow and even purple!

Red Bell peppers have a sweet, slightly tangy flavor and a crunchy, crisp texture. They hold up to raw and Bell Pepper variations when cooked. Dilled meat and vegetable, roasted peppers are great in soups, stews, chili, sandwiches, dips, or just about anywhere!

They are also packed with vitamin C and beta-carotene, which are known to help build strong immune systems.

For the best flavor, Bell Pepper should be firm to the touch and bright in color with no blemishes. They can be found in the produce section of the Food store.

They should be stored loosely covered in plastic in the refrigerator.



Red peppers are packed with vitamin C.

Peppers



Typical of a red and yellow bell pepper, this simple, crisp, and juicy fruit (MD provides almost a serving of sugar and less than 100 calories) is a great source of vitamin C.

1. Cooked in a pan with oil and onion.
2. Used in a salad.
3. Used in a sandwich.
4. Used in a soup.
5. Used in a stir-fry.

1. Sauté and drain the onion, then the peppers. (Note: The peppers should be cooked until they are soft.)

2. Spoon the onion mix into the peppers. (Note: The peppers should be cooked until they are soft.)

Recipe and information created by: Heather Green, MD, Certified Health Coach, Co-Op Food Market



Red peppers are packed with vitamin C.

Green in Ghent

Inspired by one city's meatless days, Belgian families are shifting to a lighter menu

BY SOPHIA S. SCHWETZ PHOTOGRAPHS BY ILLIUS + BELIER

Bordered by the North Sea and surrounded by water, Belgium has a diverse culinary heritage that in this country adheres to healthy meats, fatty acids, golden fats, and creamy chocolate: the medieval harbor city of Ghent has proposed a radical shift. In May 2009, the city in the province of East Flanders launched an effort to promote healthier lifestyles, becoming the first place in Europe to offer veg, vegan, and v (the seven cuisines available all as a city day a week). City-funded restaurants and gourmet restaurants also offer seafood options weekly on "Seafood Thursday." And it's catching on — other Belgian cities have begun to follow Ghent's example.

Belgian cuisine today reflects a history of produce coming from the sandy, fertile soils of west Flanders. Flank it in the north and the western regions of the south, the country is one of the world's leading exporters of pig, peon, and pork, goat, lamb, and Belgian cheese. Back to buy local produce, Belgian makes lesser meats, mushrooms, bell peppers, cauliflower, radishes, mushrooms, apples, and strawberries.

These fruits and veggies are not second-class, but when prepared with other local offerings, they can form the basis for many, satisfying, flavorful dishes. What's more, the Belgian Tourist Office is calling 2012 the year of Belgian Gastronomy, showcasing Brussels and the region of Flanders in the south. So, it's not just the chocolate and heavy meals will always be part of Belgian cuisine, but we take our ingredients from Ghent's pioneering trends, including, veggie eat veggie.

**CANNELINI BEAN SALAD
WITH ORANGE, FENNEL
AND TOMATOES**
SERVES 4
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 20 MINUTES

Cannellini (white kidney) beans offer a creamy, soft contrast to crunchy fennel, a popular vegetable in Belgium. They and green northern beans may also be used. Diced tomatoes bring out the fennel's sweetness. Brightened by citrus and green herbs, this protein- and vitamin-rich salad makes a light, healthy meal served with whole grain bread such as Harston Flour® All Natural Multigrain Bread. The salad is good served at room temperature or chilled.

1. Drain beans.
2. Chop:
- 1 to 2 fennel fronds (just underneath)
- 1/2 cup bell
- 1/2 cup diced water chestnuts
- 2 cups (1/2 cup fresh) tomatoes, 1/2 cup (1/2 cup fresh) tomatoes
- 1/2 cup (1/2 cup fresh) tomatoes
- 1/2 cup (1/2 cup fresh) tomatoes

1. Cut off root and end (leaves) of the fennel in the base of the stalk. Remove outer layer of the bulb and discard. Halve fennel bulb lengthwise. Slice thoroughly on both sides and place on three half cups others. Add to a large bowl.
2. Cut orange in half, remove the segments.

- Use a paring knife to cut segments from the pulp and add to the bowl. Separate pieces from orange skin into a measuring cup. Add enough lime juice to make 1/2 cup. If not, juice 1/2 cup (1/2 cup) of a light dressing (1/2 cup) of salt and pepper. They add dressing and water to the bowl. Cut the tomatoes in half and add. Pour on dressing and mix to mix, making sure vegetables are well combined.
3. Add the tomato quarters (very finely) and add to the bowl. Stir and drain the fennel, then add to the bowl. Cut the tomatoes in half and add. Pour on dressing and mix to mix, making sure vegetables are thoroughly coated.
4. Arrange salad on a platter. Sprinkle with mushrooms and onion. May be made a day to advance and stored refrigerated in an airtight container.

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WATERBOCK WITH PALS AND POTATOES

SEVENS
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

A heavy one-pot meal and soup course is almost synonymous with hearty "comfort food" in Dutch. Despite the unappetizing name, waterbock is a delicious lot. The original is made with herbaceous kale and thickened with heavy cream, our version incorporates a bounty of earthy vegetables lending the stew herbaceous notes and spring. May be frozen and reheated easily.

- 2 tablespoons oil
- 1 large russet potato
- 1 small onion
- 1 large carrot
- 1/2 cup sliced celery
- 1/2 cup cut ch. leeks
- 1/2 cup sliced mushrooms
- 2 bay leaves
- 1/2 cup dried herbs
- 1/2 bunch kale
- 1 1/2 cups veg. margarine (1/2 cup ch. or 1/2 cup butter)
- 1 1/2 cups parmesan
- 1/2 cup plain yogurt

BELGIAN WAFFLES

Belgian-style waffles for breakfast appear to be the most popular breakfast food in Belgium. They are usually deep-fried, but some are baked. They are made with a batter of wheat flour, eggs, and milk, and are served with a variety of toppings. They are often served with a variety of toppings, including fruit, chocolate, and cream.



good and healthy

A bowl of waterbock is a hearty meal. It's a good source of fiber, and it's a good source of vitamins A, C, and E. It's also a good source of iron, and it's a good source of calcium. It's a good source of protein, and it's a good source of fat. It's a good source of energy, and it's a good source of health.

- 1 Heat oil in a large pot over medium heat. Add potatoes and add to the pot. Cook for 10 minutes. Add onion and carrot. Cook for 10 minutes. Add celery and leeks. Cook for 10 minutes. Add mushrooms and bay leaves. Cook for 10 minutes. Add kale and parmesan. Cook for 10 minutes. Add yogurt and serve.

- 2 Heat oil in a large pot over medium heat. Add potatoes and add to the pot. Cook for 10 minutes. Add onion and carrot. Cook for 10 minutes. Add celery and leeks. Cook for 10 minutes. Add mushrooms and bay leaves. Cook for 10 minutes. Add kale and parmesan. Cook for 10 minutes. Add yogurt and serve.
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APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN,
10g FAT, 10g FIBER, 10g SUGAR, 10g SODIUM,
10g VITAMIN A, 10g VITAMIN C, 10g VITAMIN E.



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Age Group	Percentage of Respondents
18-29	~75%
30-49	~65%
50-69	~45%
70+	~35%

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THE 2007 *Small Business Outlook* for new entrepreneurs and investors for the year 2007. The forecast is based on a survey of 100 small business owners and investors. The survey was conducted by the Small Business Administration (SBA) and the U.S. Department of Commerce. The survey results show that the outlook for small business is generally positive, but there are some concerns about the economy and the future of small business.



Rhubarb Revisited

Enjoy this taste of spring in pies — and more

BY JANE DORNBURCH PHOTOGRAPHS BY HEATH HOTE VL

It's usually one of the first signs of spring in the Pacific Northwest. It looks like some kind of overgrown red celery, but technically a vegetable, but you can't take a bite. Give up? It's rhubarb, of course.

The crooked plant has long been prized for its culinary and medicinal uses. The roots are used in traditional Chinese medicine to ease gastrointestinal complaints. The leaves, however, are more likely to cause complaints as they are toxic due to their high levels of oxalic acid — which is why your word can't have rhubarb in the stalks to eat from.

Homeowners collect the perky plant's rhubarb stalks in the fall, especially when paired with strawberries. Rhubarb is best when cooked, and needs a little sweetness to balance its natural tartness. Our taste of temptation® and Market Place® products enhance that bright, acidic flavor, which also works well in savory dishes, such as our Peruvian style lamb stew and a lamb skewer, too, called skewered with your taste Of course, so rhubarb wouldn't want to

complain without some healthy pairing. Mark Symon of the Thimbleweed Inn in Marquette, Va., shares his unusual rhubarb season: Strawberry Rhubarb Chopped Delight. These dishes show the rhubarb can star on both sides of the plate.

ROASTED CHICKEN AND STRAWBERRY SALAD

SERVES 4
15 MIN PREP, 45 MIN COOK
TOTAL TIME: 1 HR 15 MIN

Perky, pale-skinned rhubarb adds a pop to the sophisticated salad, so you have balance of sweet and tangy. Recipe may be halved.

1. Preheat oven to 350°F. Line a baking sheet with foil and spray with vegetable cooking spray.
2. In a medium bowl, toss rhubarb with vegetable spray and spread on prepared baking sheet. Bake the rhubarb until just tender, about 10 to 12 minutes. Place pan over a sink and cool, drizzle with olive oil.
3. While rhubarb cooks, heat olive oil in a medium skillet over medium-low heat until it begins to sizzle, season and brown, lightly about 3 to 5 minutes. Watch carefully to avoid scorching. Transfer to a plate and cool to room temperature.
4. In a pot with a tight-fitting lid, combine blackberry vinaigrette, dipping oil, salt and vinegar. Shake well to combine.
5. In a large bowl, toss greens with half the dressing.
6. To serve, drizzle salad among 4 plates. Top greens with cooled rhubarb, game meat, cranberries, pomegranate and goat cheese. Drizzle with remaining dressing and serve immediately.

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AT HEARD FARM, NUTRITIONAL VALUES FOR SERVING
ONE COURSE: 370 CALORIES, 10.5 GRAMS TOTAL FAT, 10.5 GRAMS
SUGAR, 1.5 GRAMS DIETARY FIBER, 10.5 GRAMS PROTEIN,
1.5 GRAMS TOTAL B. CARBOHYDRATE



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1. **Introduction**

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